**TURKISH BULGUR SALAD RECIPE**

**kısır**



**KISIR** is a traditional ***[Middle Eastern](http://en.m.wikipedia.org/wiki/Middle_Eastern_cuisine" \o "Middle Eastern cuisine)*** side dish made from fine [*bulgur*](http://en.m.wikipedia.org/wiki/Bulgur), *[parsley](http://en.m.wikipedia.org/wiki/Parsley" \o "Parsley)*, and tomato or pepper paste. The main ingredient, bulgur, is a cereal food generally made from *[parboiled](http://en.m.wikipedia.org/wiki/Parboil" \o "Parboil)* [*durum*](http://en.m.wikipedia.org/wiki/Durum) wheat. For kısır, a finely ground bulgur, unlike the coarse bulgur used for [*pilav*](http://en.m.wikipedia.org/wiki/Pilav), or sometimes *[couscous](http://en.m.wikipedia.org/wiki/Couscous" \o "Couscous)* is used. Traditionally in Turkey kisir is made with red pepper paste. And as our experience shows, Kisir goes really well with grilled meats, especially lamb.

Common additional ingredients include parsley, tomato paste, spring onion, sour pomegranate juice (in southern regions of *[Turkey](http://en.m.wikipedia.org/wiki/Turkey" \o "Turkey)*) or lemon, lettuce leaves, cucumber, and a lot of spices. It has a reddish colour due to tomato paste admixture. It can be eaten cold and used as a salad or [*meze*](http://en.m.wikipedia.org/wiki/Meze).

If you have never had Kisir before, you’ve got to give it a try. The fresh taste of the herbs and the scent of pomegranate, combined with the tomatoes, cucumbers, lettuce and olive oil, make this simple vegan dish delightfully rich.

**Bon appetite…**

Ingredients:

1/2 cups of cracked wheat (fine bulgur)

1/3 cup olive oil

1 cucumber, chopped finely

1 tsp dried mint

2 tbsp pepper paste

3/4 cups of boiling water

1/2 bunch of fresh parsley/mint, chopped finely

3 spring onions, chopped

1/3 cup lemon juice

1/2 tsp cumin

1 tbsp salt to taste

1 tbsp pomegranate sauce

*Step 1:*

In a large bowl place fine bulgur and add boiling water. Stir and leave bulgur for 5-10 minutes to absorb all the water.



Make sure that bulgur is not wet. The size of bulgur should be doubled.

**Step 2:**

Then add olive oil, pepper paste and salt.



**Step 3:**

Add this mixture to puff up bulgur and combine them using your spoon. Then add lemon juice, cumin and dried mint. Mix them all and let them cool.



**Step 4:**

Finally, add cucumber, spring onions, lettuce, parsley /mint and mix them all.



**Step 5:**

Serve with cherry tomatoes, cucumbers, rocket salad or lettuce, lemon and pomegranate sauce.



**DELICIOUS ,HEALTHY AND EASY TO MAKE**

**THIS IS TURKISH BULGUR SALAD**

**EAT YOUR KISIR**

**RIDE YOUR BIKE TO SCHOOL**